



Celebrate Dairy Month with these tasty ideas

source: www.southeastdairy.org

Cheesy Egg Scrambler

1/2 whole-wheat pita bread 1/4 cup shredded reduced-fat mild
2 large egg whites Cheddar cheese

Toast pita; set aside. Spray small skillet with non-stick cooking spray. Heat over medium heat 20 to 30 seconds. Scramble egg whites and cheese in preheated skillet until egg whites are set and cheese is melted. Fill pita pocket with eggs and cheese; serve.

Tip: Kick up the flavor with zesty jalapeño or Monterey Jack cheese or add chopped mushrooms, onions or green peppers to egg whites before scrambling. Makes one serving

Crustless Spinach Quiche

2 teaspoons canola oil 1 large egg
1 medium yellow onion, finely 1/3 cup no fat cottage cheese
chopped 1/4 teaspoon ground cayenne
1 10-ounce package frozen chopped red pepper
spinach, thawed and drained 1/8 teaspoon salt
1 1/2 cups grated 50% light cheddar 1/8 teaspoon ground nutmeg
6 large egg whites

Drizzle oil in nonstick skillet over medium-high heat. Add onion; sauté for 5 minutes or until translucent. Add spinach and stir for 3 additional minutes, or until spinach is dry. Set aside. Preheat oven to 375 degrees. Lightly coat 9" nonstick pie pan with cooking spray. Sprinkle cheese in pan. Top with spinach mixture. In a medium bowl, whisk egg whites, egg, cottage cheese, red pepper, salt and nutmeg. Pour egg mixture over spinach. Bake for 30-40 minutes or until set. Let sit 5 minutes. Cut into wedges. Serve warm.

Southwestern Taco Dip

2 teaspoons chili powder 1 cup shredded reduced-fat
1 (16-ounce) can spicy fat-free Mozzarella cheese
refried beans 1 cup shredded reduced-fat
1/3 cup chunky medium salsa Cheddar cheese
1 (8-ounce) container plain 1 tomato, seeded and chopped
fat-free or low-fat yogurt 1/3 cup sliced green onion, includ-
1 cup finely chopped iceberg ing tops
lettuce 2 tablespoons chopped black olives

Stir chili powder into beans and spread evenly onto a clear pie dish. Spread yogurt over the bean dip, then spread the salsa over the yogurt, leaving a narrow border around each layer's edge. Scatter lettuce over yogurt mixture. Sprinkle mozzarella and cheddar cheese over lettuce and top with tomato, green onion and olives. Suggested servings: Serve with baked tortilla chips or an assortment of sliced vegetables such as carrots, celery and cucumber.

Sirloin Pita with Herbed Yogurt Dressing

For the dressing:
2 (8-ounce) containers fat-free
plain yogurt
2 teaspoons minced garlic
1 tablespoon minced parsley
1 tablespoon minced chive
1 teaspoon dried oregano

For the sandwich:
1/2 pound sirloin, trimmed
Salt & pepper to taste
4 (4 -inch) whole wheat pita bread
rounds, cut in half-moons
2 1/2 cups mixed salad greens
2/3 cup crumbled Blue cheese
1/2 small red onion, sliced
8 cherry tomatoes, halved

Spoon yogurt into a medium bowl and stir in garlic, parsley, chive and oregano until well blended; set aside. Rub both sides of steak with salt and pepper. Heat a medium, non-stick skillet over medium-high heat. Cook steak about 6 minutes on each side (for medium) or until desired. Allow steak to rest 5 minutes before cutting into thin slices. Warm pita halves in toaster. Into each pita half, spoon 1/4 of the yogurt dressing, mixed salad greens, Blue cheese, onion, steak and tomato. Spoon additional yogurt dressing over top.

Easy, Cheesy Calzone

16 ounces prepared pizza dough 3 cups cooked, chopped
1/2 cup pizza sauce broccoli, drained
2 cups shredded part-skim 1 tablespoon butter, melted
mozzarella

Preheat oven to 400 degrees. Grease a baking sheet. On a lightly floured surface, roll dough to form a 9"x 14" rectangle, about 1/4" thick. Transfer to prepared baking sheet. Spread pizza sauce over half of the dough. Sprinkle cheese over entire piece of dough to within half inch of all of the edges. Layer broccoli on one half of the 14" side (the long side) of the dough. Fold dough in half over the cheese and broccoli filling. Seal edges of the calzone by pressing with the tines of a fork. Prick top. Brush top with butter. Bake for 20-25 minutes, or until crust is lightly browned. Allow to cool for 5 minutes before cutting.

Creamy Carmelicious Milksicles

1/3 cup sugar 1/3 cup caramel ice cream topping
2 tablespoons cornstarch at room temperature
1 1/2 cups low-fat milk 6 (3-ounce) plastic or paper cups
1 1/2 teaspoons vanilla 6 freezer pop sticks

Combine sugar and cornstarch in a medium saucepan; gradually whisk in milk. Simmer over medium heat about 2 minutes or until thickened, whisking frequently. Remove from heat, stir in vanilla. Transfer mixture to a large shallow bowl; refrigerate for about 40 minutes or until pudding consistency, stirring occasionally. Drop heaping teaspoonfuls of caramel topping over pudding. Gently swirl into pudding. Spoon mixture into plastic cups; place cups in an 8-inch baking pan or pie pan. Place sticks in center of cups; freeze until firm.